

Women's Empowerment Group

Gain Insight

Self-Esteem
Communication
Codependency
Feelings
Positive Self-Care
Stress Reduction
Assertiveness
Healthy Boundaries
Relationship Skills
Problem Solving
Domestic Violence
Guilt & Shame



Women's Empowerment Group

Wednesday 3:00pm to 4:00pm
Six group classes from March 3, 2021
through April 7, 2021

Class held ***Virtually*** by Lighthouse Staff via no cost
GoToMeeting phone or computer app.

Join us in an educational support group to build personal
strengths and strong support systems.

The County of Placer Mental Health Services Act (MHSA)
has provided funding. (No cost to participants)

**LIGHTHOUSE COUNSELING &
FAMILY RESOURCE CENTER**

To register call Sofia Johnson
916 587-0726

Facilitator Sofia Johnson AMFT 85683
Registered Associate Marriage and Family Therapist
Supervised by Deborah Duell-Stephens LMFT 97103

Co-facilitator: Sara Ladeas
Marriage and Family Therapist Trainee
Supervised by Eireann Smith LMFT 106515

Website: www.lighthousefrc.org